



Digital Resources for Providers to Support Patients

5.2025/ Health Education & Wellness POD





Health Plans We Support



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Digital Resources Right at Your Fingertips!



This resource supports giving PPGs, providers and office staff the tools they need to help your patients stay healthy.

We have created **easy-to-scan QR codes** and **clickable URL links** so that you can quickly access valuable information to support your patients' health conditions.

Remember: You hold the power to ignite transformation in the lives of our members, paving the way for healthier, happier futures.



How to use a QR code

Apple Phone Users:

- 1. Open the Camera App:** Find and open the Camera app on your iPhone or iPad.
- 2. Point at the QR Code:** Aim your device's camera at the QR code.
- 3. Wait for the Notification:** Once the camera recognizes the QR code, a notification will pop-up on your screen.
- 4. Tap the Notification:** Tap the notification to open the link or content associated with the QR code.

Android Phone Users:

- 1. Download a QR Code Scanner App:** Go to the Google Play Store and download a QR code scanner app. You can find one by searching "QR code scanner" in the search bar.
- 2. Open the QR Code Scanner App:** Once downloaded, open the QR code scanner app.
- 3. Point at the QR Code:** Aim your device's camera at the QR code.
- 4. Wait for Recognition:** Hold still while the app recognizes the QR code.
- 5. Read or Open:** Once recognized, the app will either show you the content directly or prompt you to open it in a web browser or another appropriate app.

What's New

Help your members access information in their preferred language! QR codes are now available in English and Spanish—just check the outline color to know which one to share.

English Only



Spanish Only



English & Spanish



Best Ways to Share this Resource with Your Patients

1

During Appointments (In-person or Virtual):

In-person: Help patients scan relevant QR codes with patients and explain [how to scan them](#).

Virtual/Telehealth: Use URL to open resource and share the resource via screen sharing during the appointment. Send resources to patients via email or snail mail.

2

Via Email:

Share the URL link or copy and paste the QR code directly to email content created for your patient(s) through a secure messaging system or email.

3

Patient/Member Portal Access:

Upload preferred QR codes and links to your patient portal, where patients can easily access it at their convenience.

4

Print Handouts:

Click URL link or scan QR code to print copies of the resources for patients **during visits**, ensuring they can take the resources home with them.

5

Text Message with Link:

Scan QR code and text patients the link of the webpage with the resource(s).

6

Social Media or Messaging Apps:

Share a link to the resources via social media platforms or secure messaging apps (e.g., WhatsApp) if it's appropriate for your practice.

Direct patients to specific slides or QR codes that may be especially relevant to their current care or treatment plan, helping them focus on the most useful resources.

List of Topics

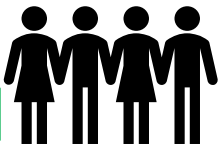
- [Adult](#)
- [Asthma](#)
- [Controlling Blood Pressure](#)
- [Dental Health](#)
- [Diabetes](#)
- [Medication Support](#)
- [Mental Health](#)
- [Opioids](#)
- [Pediatric](#)
- [Pregnancy](#)
- [Senior Health](#)
- [Teen Health](#)



Digital Patient Resources



Adult - Digital Resources for Patients



QR Code Color Guide: **Escanear para Español** **Scan for English**

Flu

Learn about the signs and symptoms of the flu, how it is treated, and prevention tips.

Source: Krames

[Krames Online - The Flu \(Influenza\)](#)

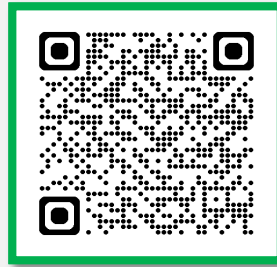


Immunization

Learn about the types of vaccine for you and your family.

Source: NIH

[Immunizations and vaccines | National Institute on Aging](#)



Low Back Pain

Learn about signs, symptoms, causes, and how to keep your back healthy.

Source: Krames Video Library - Keeping Your Back Healthy

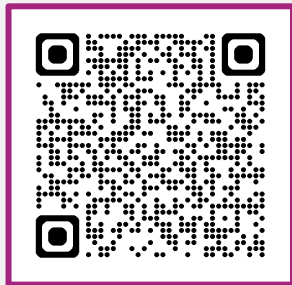


Screenings for Cancer

Learn about screening tests for breast, cervical, colon, and lung cancer screenings.

Source: Krames

[Krames Online - Cancer: Prevention and Screening](#)



Using Antibiotics

Learn why it's so important to take antibiotics only if they're medically needed.

Source: Healthy Habits:

[Antibiotic Do's and Don'ts | Antibiotic Prescribing and Use | CDC](#)

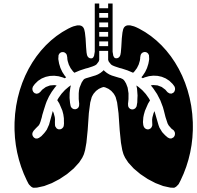


Learn the importance of responsible antibiotic use, and the risks of inappropriate use.

Source: Patient Education Resources | Antibiotic Prescribing and Use | CDC



Asthma - Digital Resources for Patients



QR Code Color Guide: **Escanear para Español** **Scan for English**

Asthma Medicine

Learn about different types of asthma medication and how and when to use them.

Source: Krames

[Krames Online - Asthma Medicine](#)

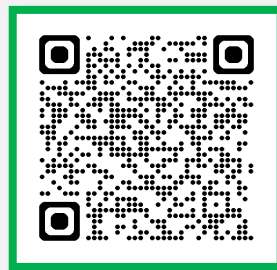


Controlling Your Asthma

Learn how to manage your asthma and improve your quality of life.

Source: Krames

[Krames Online - Controlling Your Asthma](#)

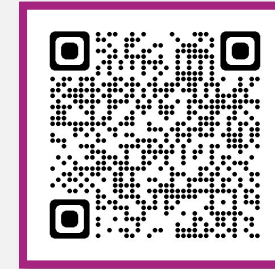


Understanding Asthma

Understand how asthma works and how it affects your health.

Source: Krames

[Krames Online - Understanding Asthma](#)



Controlling Blood Pressure - Digital Resources for Patients

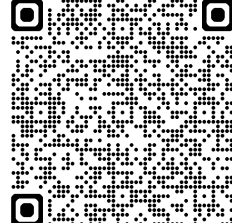
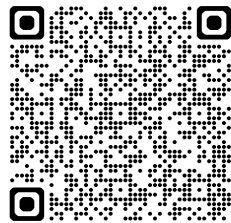


QR Code Color Guide: **Escanear para Español** **Scan for English**

Changes You Can Make to Manage High Blood Pressure

Learn how to adopt a heart-healthy lifestyle to manage your blood pressure.

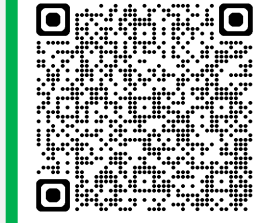
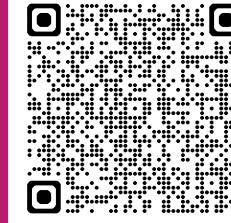
Source: American Heart Association
[How to Manage High Blood Pressure](#)
| American Heart Association



Monitoring Your Blood Pressure at Home

Learn how to use a home blood pressure monitor.

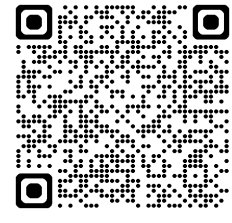
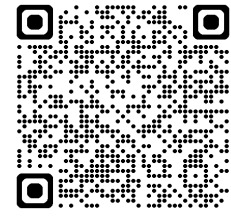
Source: American Heart Association
[Home Blood Pressure Monitoring](#) |
American Heart Association



Understanding Blood Pressure Readings

Empower yourself by learning about different blood pressure ranges, what they mean and how they are important.

Source: American Heart Association
[Understanding Blood Pressure Readings](#) | American Heart Association



Dental Health - Digital Resources for Patients

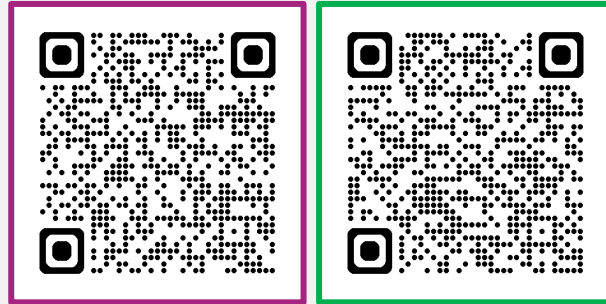


QR Code Color Guide: [Escanear para Español](#) [Scan for English](#)

Oral Health for Adults: What Your Need to Know to have Healthy Teeth

Learn why oral health is part of a healthy lifestyle.

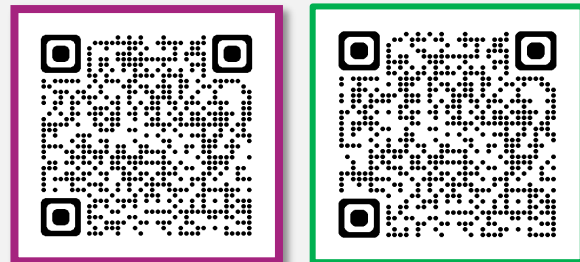
Source: [Oral Health for Adults](#) | [HRSA](#)



Parent's Guide: Dental Check-up Is the Key to Healthy Teeth

As baby's get teeth, learn how to keep them healthy

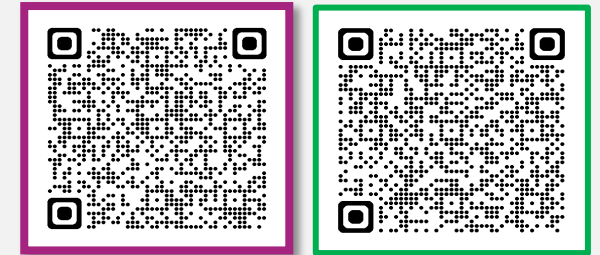
Source: [Oral Health | California Parent Guide](#)



Prevent Tooth Decay Now: Talk to Your Child's Doctor about Topical Fluoride Varnish

Learn how to prevent tooth decay with Fluoride.

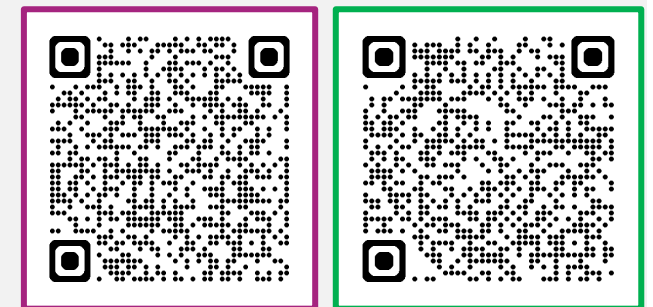
Source: [Fluoride Varnish: What Parents Need to Know - HealthyChildren.org](#)



Tips to Help Your Child Have a Beautiful Smile

Learn why it's important to take care of your child's oral health.

Source: [Oral Health forYoungChildren](#) | [HRSA](#)



Diabetes - Digital Resources for Patients

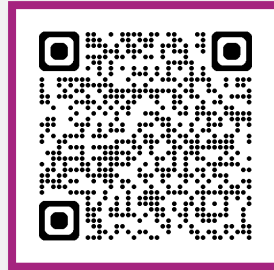


QR Code Color Guide: **Escanear para Español** **Scan for English**

All About Your A1c

Learn about the A1c test, how often you should have it and what the results mean.

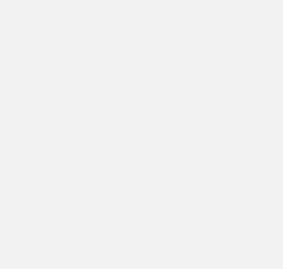
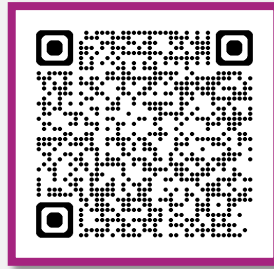
Source: Krames
[A1C](#)



Eye Health and Diabetes

Steps to keep your eyes healthy while having diabetes.

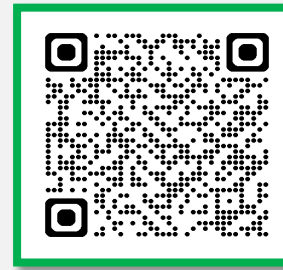
Source: Krames
[Video Library - Diabetes-Related Eye Disease](#)



Heart Disease and Diabetes

Learn how to reduce your risk by knowing your numbers & target ranges.

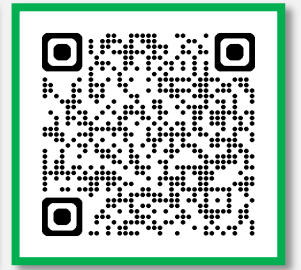
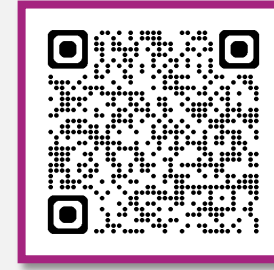
Source: AHA
[Diabetes and Heart Disease: The Numbers You Need to Know](#)
(knowdiabetesbyheart.org)



Kidney Care and Diabetes

Learn about how to take care of your kidneys with diabetes.

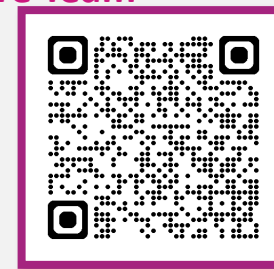
Source: Krames
[Diabetic Nephropathy \(Kidney Disease\)](#)



Diabetes and Your Healthcare Team

As a person with diabetes, you will have a healthcare team to help you manage your condition.

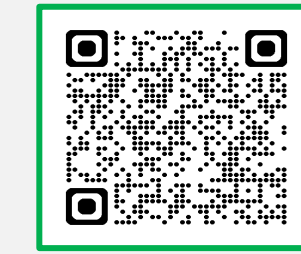
Source: Krames
[Your Diabetes Healthcare Team](#)



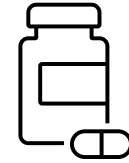
Overview of Diabetes Complications

Learn about problems that are linked to diabetes

Source: CDC
[Diabetes Complications | Diabetes | CDC](#)



Medication Support - Digital Resources for Patients



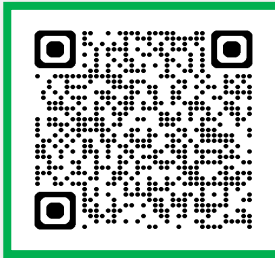
QR Code Color Guide: **Escanear para Español** **Scan for English**

Cholesterol Support

Learn how cholesterol medication and lifestyle changes can control your levels.

Source: Krames

[Krames Online - All About Cholesterol Control](#)

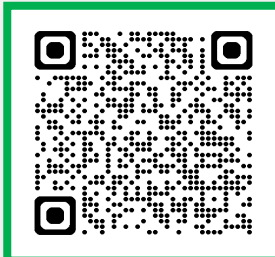
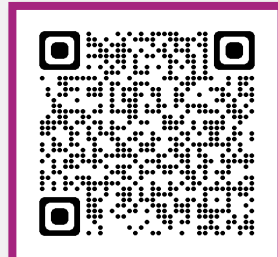


Diabetes Support

Learn how taking medicine can help control diabetes.

Source: Krames

[Krames Online - Taking Medicine for Diabetes](#)



Heart Support

Learn more about your heart medications and how to take them correctly.

Source: AHA

<https://www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines>

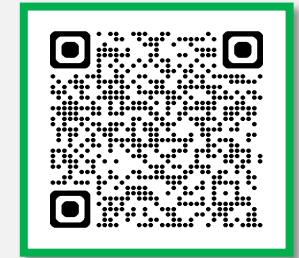
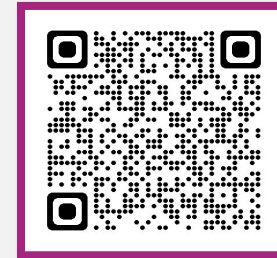


Heart Failure Support

Learn how taking medicine can help control heart failure.

Source: Krames

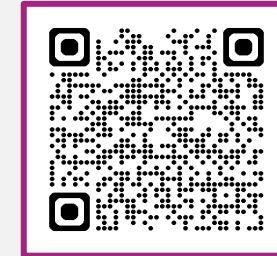
[Krames Online - Taking Medicine to Control Heart Failure](#)



Statins

Learn about benefits, risks and how statins work.

Source: The Scoop on Statins | Million Hearts®



Use of Beta-blocker After Heart Attack

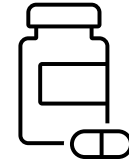
Tips on how to take a beta-blocker after a heart attack.

Source: Krames

<https://cahealthnet.kramesonline.com/Search/3,S,83118>



Medication Support - Digital Resources for Patients

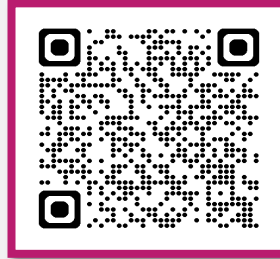


QR Code Color Guide: **Escanear para Español** **Scan for English**

Medications: Work with your Doctor

Learn how to look at your medications with your doctor.

Source: Krames [Mastering Your Meds: How to Work with Your Provider](#)



Mental Health - Digital Resources for Patients

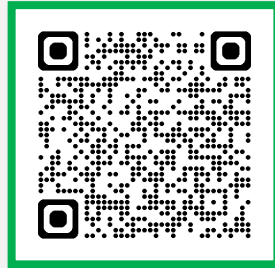


QR Code Color Guide: **Escanear para Español** **Scan for English**

Mental Health Resource Center

A library of resources on the topic of mental health.

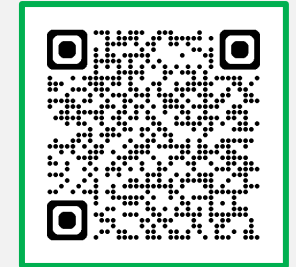
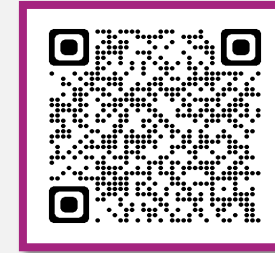
Source: [Mental Health \(staywellhealthlibrary.com\)](https://staywellhealthlibrary.com)



Support for You and Your Loved Ones

A resource for finding Health Care of support for mental health, drugs or alcohol.

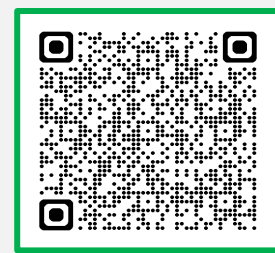
Source: [Health Care and Support For Mental Health, Drugs or Alcohol | SAMHSA](https://www.samhsa.gov)



Mental Health Screenings Save Lives: Know the Warning Signs and Where to Get Help

Learn signs and symptoms of mental illness.

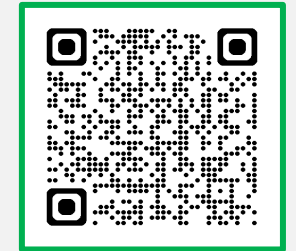
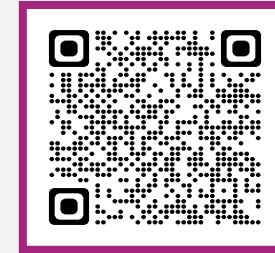
Source: [Know the Warning Signs | NAMI: National Alliance on Mental Illness](https://www.nami.org)



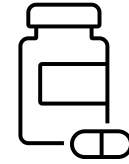
What Every Child Needs for Good Mental Health

A resource for mental health and children.

Source: [Mental Health America What Every Child Needs For Good Mental Health | Mental Health America \(mhanational.org\)](https://www.mhanational.org)



Opioids- Digital Resources for Patients



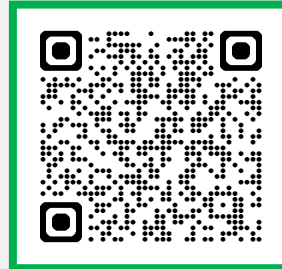
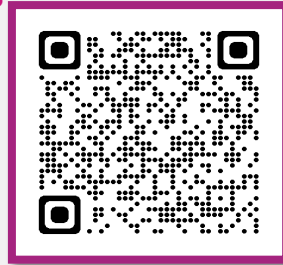
QR Code Color Guide: **Escanear para Español** **Scan for English**

Opioid Treatment Planning

Steps on how to make plan to treat pain with opioids.

Source: Krames

[Krames Online - Making a Plan to Treat Pain With Opioids](#)

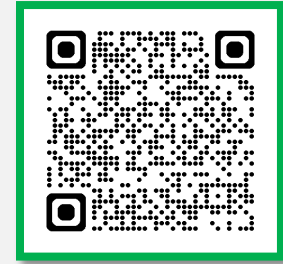


Emergency Overdosage - Nasal

Step-by-Step guide on how to give emergency **nasal** naloxone for opioid overdose.

Source: Krames

[Krames Online - Step- by- Step- Giving Emergency Nasal Naloxone for Opioid Overdose](#)



Pain Management

Understand how to use opioid medicines for pain management.

Source: Krames

<https://cahealthnet.kramesonline.com/Search/3,S,90890>



Emergency Overdosage- Shot

Step-by-Step on how to give an emergency **shot** of Naloxone for opioid overdose.

Source: Krames Staywell

[Video Library](#)



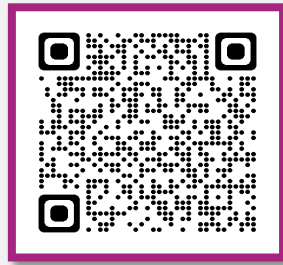
Risks & Side Effects

of Opioids

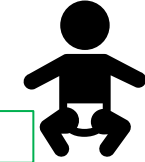
Understanding the risks and side effects of opioid medicines.

Source: Krames

[Krames Online - Understanding Opioid Medicines for Pain Management](#)



Pediatric - Digital Resources for Patients



QR Code Color Guide: **Escanear para Español** **Scan for English**

Well Child Visit Schedule

Learn how regular check-ups can help to keep your child healthy.

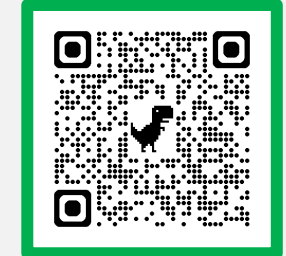
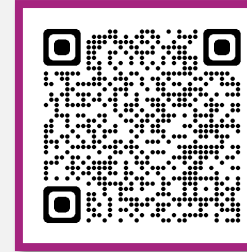
Source: [Your Child's Checkups - HealthyChildren.org](https://www.healthychildren.org)



Birth to Age 2 Health Screening Guidelines

Learn about screenings for the baby.

Source: [Krames Health Screening Guidelines for Children from Birth to Age 2 \(staywellhealthlibrary.com\)](https://www.staywellhealthlibrary.com)



Vaccines for Your Children

Learn about recommended vaccines to reduce the risk of dying from certain diseases.

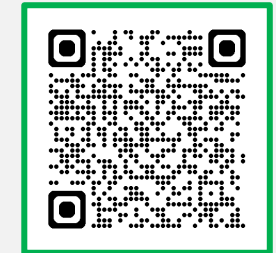
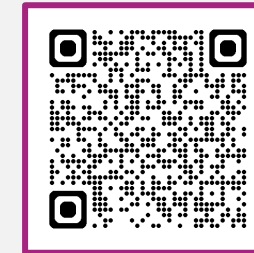
Source: [Child and Adolescent Immunization Schedule by Age | Vaccines & Immunizations | CDC](https://www.cdc.gov/vaccines/imz/downloads/pdf/cac-schedule.pdf)



Age 2 to 18 Health Screening Guidelines

Learn about screenings for the child from age 2-18.

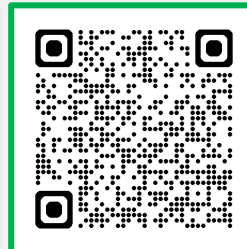
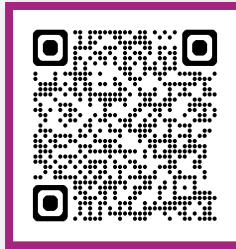
Source: [Krames Health Screening Guidelines, Ages 2 to 18 \(staywellhealthlibrary.com\)](https://www.staywellhealthlibrary.com)



Overuse of Antibiotics in Children

Learn about the Danger of Antibiotic Overuse in Children.

Source: [The Danger of Antibiotic Overuse \(for Parents\) | Nemours KidsHealth](https://www.nemourskidshealth.org)



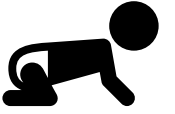
Pediatric Healthy Living - Digital Resources for Patients

QR Code Color Guide:

Escanear para Español

Scan for English

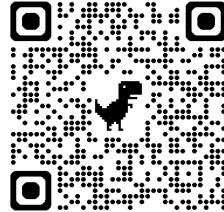
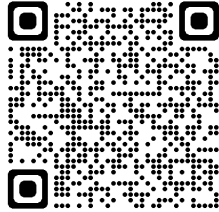
Scan for English and Español



Parenting Tips

Learn about the health of your child.

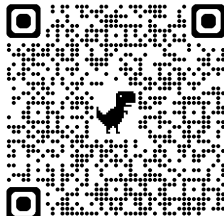
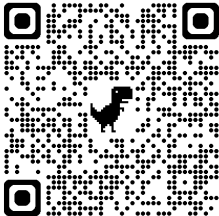
Source: [Children's Health \(staywellhealthlibrary.com\)](https://www.staywellhealthlibrary.com)



Vaccine Hesitancy

Learn how vaccines are safe and effective for your child.

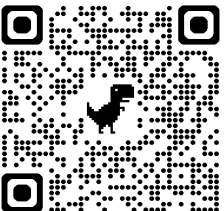
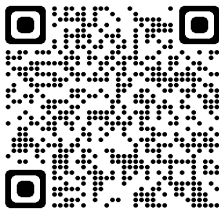
Source: [Why Immunize Your Child - HealthyChildren.org](https://www.whyimmunizeyourchild.org)



Eating Well

Learn about healthy food choices for you and your family.

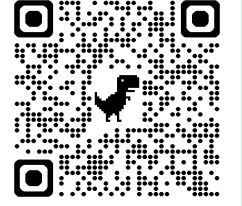
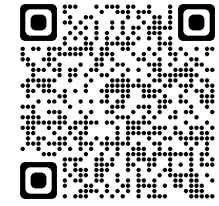
Source: [Eating Well | California Parent Guide \(first5california.com\)](https://www.first5california.com)



Safe at Home

Learn ways to keep your baby from getting hurt.

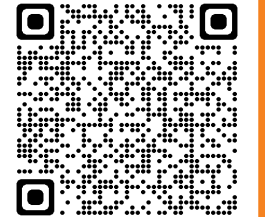
Source: [Child Safety | California Parent Guide \(first5california.com\)](https://www.first5california.com)



Lead Screening

Learn how to protect your child from lead poisoning.

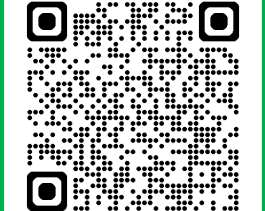
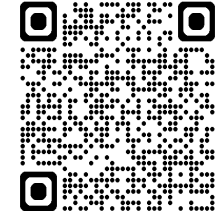
Source: [Protect Your Child from Lead 18.125x8.5](https://www.protectyourchildfromlead.org)



Child Development

Learn how your child play, learn, speak, act, and move at every age.

Source: [CDC's Developmental Milestones & CDC Tracker App | CDC](https://www.cdc.gov)



Pregnancy - Digital Resources for Patients



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Your Guide to a Healthy Pregnancy

Learn how to take care of yourself and your baby.

Source: [Staying Healthy During Pregnancy \(for Parents\) | Nemours KidsHealth](#)



The Importance of Prenatal Care

Learn about health care during pregnancy.

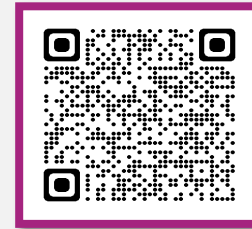
Source: [Prenatal care | Office on Women's Health\(womenshealth.gov\)](#)



Resource Center for Pregnant Women

Learn about taking care of you and your baby during pregnancy.

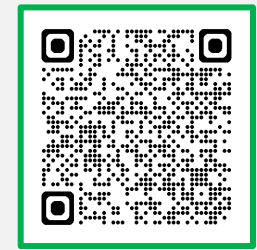
Source: [Krames resources on Pregnancy & Newborns](#)



Tips for Pregnant Moms: Healthy Eating and Exercise

Learn tips on healthy eating and activity during pregnancy.

Source: [Tips for Pregnant Moms | WIC Works Resource System](#)



Senior Health - Digital Resources for Patient



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Improve Bladder Control

Tips to Keep Your Bladder Healthy.
Source: NIH
[15 Tips To Keep Your Bladder Healthy](#)
| National Institute on Aging



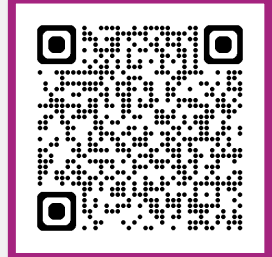
Osteoporosis in Women

Diagnosis, treatment options and lifestyle management.
Source: Krames Staywell
[Osteoporosis](#)



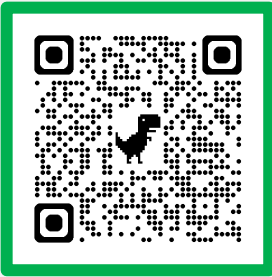
Physical Activity

Supports adding physical activity as an older adult. Also supports being active with chronic conditions.
Source: Krames Staywell
[Krames Online - Creating an Exercise Program](#)



Reduce Fall Risk

Fall Prevention-Staying Active.
Source: Krames Staywell
[Krames Online - Preventing Falls in the Home](#)

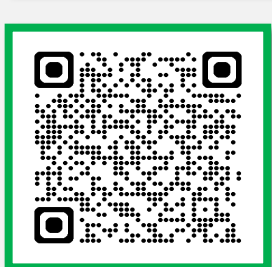


Learn how to reduce falls in your home.
Source: Krames Staywell
[Krames Online - Preventing Falls: Making Changes in Your Living Space](#)



Caregiver Resources

Tips for Caregivers
Source: Krames Staywell
[Krames Online - For Caregivers: Coping Tips](#)



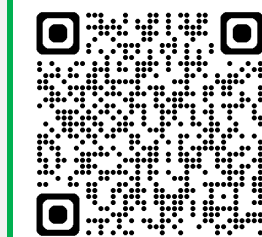
Teen Health - Digital Resources for Patients



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Basic Health Topics for Teens

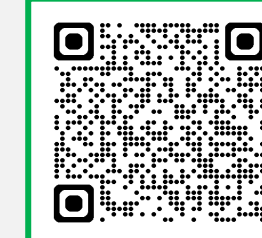
Source: Kids Health.org
[Health Topics for Teens \(for Teens\) | Nemours KidsHealth](#)



Limit Screen Time

Use these tips to help your teen reduce screen time and stay active.

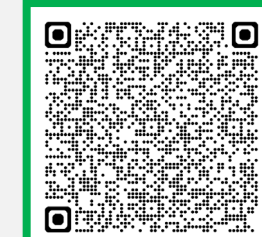
Source: Krames
[Krames Online - For Parents: Helping Your Teen Be Active](#)



Dating and Sex

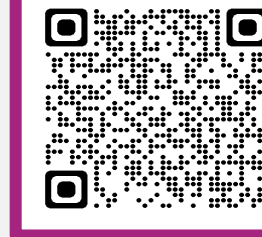
For Teens: How to Make Healthy Decisions About Sex

Source: Healthy Children.org
[Dating & Sex - HealthyChildren.org](#)



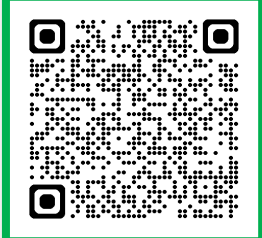
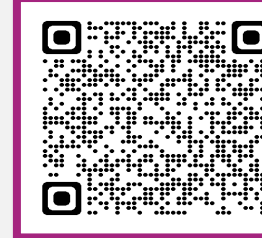
Teens & STDs

For Teens: Get the Facts about STIs
Source: Krames
[Krames Online - For Teens- Get the Facts About STIs](#)



Get Fit and Stay Healthy

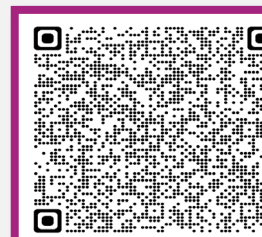
How to get Fit and Stay Healthy: Tips for Teens
Source: Healthy Children.org
[How Teens Can Stay Fit - HealthyChildren.org](#)



Health Concerns for LBGQT+








Health Concerns for Gay and Lesbian Teens

Source: Healthy Children.org
[Health Concerns for Gay and Lesbian Teens - HealthyChildren.org](#)



Educational Materials At Your Fingertips

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Resource description	Resource Link		QR Codes	
A searchable library of health topics including diseases and conditions, chronic medical concerns, drugs/herbs/supplements, nutrition and wellness, health topics for the whole family, healthy living and assessment tools.	Non-Branded Health Library		 	
This extensive library of health sheets written specifically for patients. It covers diseases and conditions, diagnoses and treatments, surgeries and procedures, and wellness and safety for people of all ages and walks of life. Medications are also included with a comprehensive drug reference that answers medication questions.	Non-Branded Krames Online - Patient Education Library	CalViva Health Branded Krames Online - Patient Education Library		
			    Community Health Plan of Imperial Valley Branded Krames Online - Patient Education Library 